

# Mid-June 2018 Newsletter

[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)

---



## North Meets South at Wheatsville!



Austinites have long debated the best things about our beloved city (restaurants, parks & play areas, entertainment, special places and unique people!) and whether those things are better North or South of the River. In fact, there was a special feature article in the [September 2016 issue of Texas Monthly](#) on the topic (you'll have to read the article to find out the declared winner). But we Capital City Villagers don't give much play to North v. South rivalry. Instead, we share common our pursuits and embrace our differences. After all, we're all in it together! And we welcome opportunities to "cross the river" in either direction and join our compadres to celebrate the Village that belongs to all of us.

So let us gather to do just that! Capital City Village invites all members to gather at Wheatsville Co-Op South Lamar, a CCV-friendly spot at 4001 S. Lamar (yes, it's south-central but we did meet north of the river back in February) on **Thursday, June 21<sup>st</sup>**,

**11:30am-1pm** (Dutch treat). That's right – South Austin's Lunch & Laughter event is morphing into an end-of-spring Member Mixer. We'll convene in Wheatsville's community room, get a few CCV updates, enjoy some entertainment and each other's company. So save the date and look for updates in the next newsletter.

### **CCV North & South Member Mixer**

**Thursday, June 21st, 11:30am-1pm**

**Wheatsville South Lamar** (just north of Ben White)

[RSVP online](#) or call 512-524-2709

---



## **June Events at a Glance**

Check out our new and improved [Events](#) listing on our new [website](#)! You can RSVP for any of our events online now.

***Just click the name of the event below and you'll go to more information and be able to RSVP.***

- Tuesday, June 19, 2:40pm [Movie Group](#) seeing "TAG" at Regal Gateway 16 on Stonelake (NW)
- Wednesday, June 20, 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (North Central)
- Thursday, June 21, 11:30am-12:30pm - [Lunch & Laughter](#) Special North/South Member Mixer at Wheatsville South. *See feature article.*

- Friday, June 22, 11am-12:30pm - [Book Group](#) - "In the Land of Invisible Women"
- Tuesday, June 26, 10:00am-12:00pm - [Managing Mindfulness](#) at a Member Home (South)
- Wednesday, June 27, 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (North Central)
- Thursday, June 28, 9:30-10:30am - [Coffee, Caffeine and Conversation](#) at Bennu on S. Congress
- Save the Date - Sunday, July 8, 4-6pm - [Celeb Salon](#) featuring Dr. Jacqueline Angel and Teresa Ferguson

[View All CCV Events and Details, and RSVP!](#)

---



## Liz Van Sickle is CCV's New Volunteer Director

If you think you've seen Liz's picture (she's the one on the right) in our newsletter before, you're right. We announced her addition to Capital City Village's staff back in April, but since then her hours have increased and she has smoothly transitioned into her new role as the Volunteer Director. Liz is working about 15 hours per week with the Village now and you can call her at 512-468-5594 or email at [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org).

The Volunteer Director's phone is monitored Monday through Friday. Members can call any time and leave a voicemail with volunteer requests, questions, etc. Messages will be checked the same day and all volunteer requests handled ASAP. Calls will be returned the

same day or next day (if received evenings/weekends). Any "urgent needs" messages will be returned ASAP.

Bonnie Gilson, the former Volunteer Director, has reduced her time but is still working remotely with CCV doing these newsletters, the website, the member directory, and reporting.

If you haven't met Liz, we hope you do real soon!

---



## Men, Learn About the Appalachian Trail While Having Lunch!

Our next meeting will be Wednesday, June 20th at 1200 hours at Andiamo's Ristorante, [2521 Rutland Drive](#) (at Burnet Road).

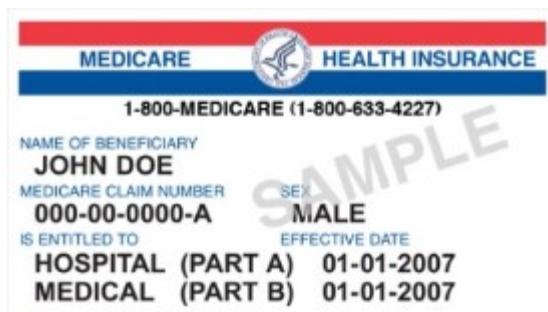
This month we'll hear once again from Mart Hoffman, about his recent two-week solo hike, "Adventures on the Appalachian Trail".

Mart will also set up and display his new trail gear, so we can see the latest in camping technology.

So, what's not to like???

All you need to do is put this event on your calendar and [RSVP](#) if you plan to attend!!

---





The mailing of new Medicare cards is in full swing, and federal officials have some tips for what beneficiaries should do once their cards arrive.

When you get your new card, the envelope will include a letter directing you to destroy your old Medicare identification. Because the old card includes your Social Security number, it might be a good idea to shred it. The letter also says that you can start using your new identification right away and that none of your benefits will change.

Medicare is replacing the old cards with new identification cards that contain an 11-digit number that's unique to each of the 60 million beneficiaries. Congress mandated this change to make the Medicare cards more secure and protect people against identity fraud.

There is no charge for the new cards. They will arrive in the mail -- Medicare will not call you about them or ask for your information by phone.



## New Transportation Options

**Cap Metro and RideAustin:** Austin's public transit provider is asking ride-hailing nonprofit RideAustin to pick you up and take you to a bus route as part of a pilot program.

The program will run for six months in the Exposition area of west Austin. The agency says the program's in place in part because a 40-foot bus isn't the best option for every area of the city.

The pilot program is free — users just have to pay the bus fare.

Bus riders who use Route 18's Exposition/Enfield Stop #1985 and Route 335's Exposition/Westover Stop #1426 will be able to get a free RideAustin trip to and from the stops.



from the stops.

To take advantage of the program, [download the RideAustin app](#) and use the app to book a ride from one of the two stops to anywhere inside the Exposition Innovation Zone or from anywhere in the zone to the two stops.



**Exposition Innovation Zone Map**

**United Way and Lyft:** United Way Worldwide is partnering with Lyft to help fill unmet transportation needs for twelve markets around the nation, one of them being Austin. Starting this week, people with short-term transportation needs that are not met by existing resources can call 2-1-1 and select option 1 to have a ride scheduled.

---



## Save the Date for the Next Celeb Salon: July 8th

Celeb Salons is presented by Capital City Village and [Mort Subite](#) on **Sunday, July 8, 4-6pm**. Capital City Village is proud to present this [new program series Celeb Salons](#): exclusive, up close gatherings with some of Austin's local notables.

Program Overview: Given the twin trends of urban living and shifting demography, the pursuit of healthy, productive, and purposeful aging must become a priority for civic leaders. Cities are poised to lead, serving as labs for ideas and incubation in response to the new realities. Bold leadership, policymaking, and action will not just benefit the old but will enhance livability for all. Don't miss this recap of Dr.

Angel's presentation at this year's SXSW!

Dr. Jacqueline Angel is a senior researcher and professor of sociology and public policy at the UT LBJ School of Public Affairs. She is a nationally recognized expert on aging policy. She has published many scholarly articles and books, most recently "Family, Inter-Generational Solidarity, and Post-Traditional Society" (Routledge 2017). Dr. Angel also has been active on the development of Austin's Age-Friendly Initiative which is currently being implemented as part of the city's comprehensive plan Imagine Austin. Join CCV as we discuss with Dr. Angel the many important social policy implications of the national and local aging population.



Dr. Angel will be joined by special guest interviewer Teresa Ferguson, Executive Director of [AustinUP](#).

Registration: \$25 (members & guests) includes food and a drink. Free street parking downtown, paid lot adjacent to venue; accessible entrance at back of building via alley.

[REGISTER ONLINE](#) or contact the office (512-524-2709 or [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org) ).



## Age-Friendly Austin Plan Approved!

AARP presented a certificate to the City of Austin on Thursday, May 10th, approving the Age-friendly Austin [Strategic Plan](#) during the City Council meeting. The five-year strategic plan was developed by [Austin's Commission on Seniors](#), AARP, AustinUP and other community stakeholders to guide our



[on seniors](#), [AARP](#), [Austin](#) and other community stakeholders to guide our city toward becoming a more age-inclusive city.

Areas of focus center on eight domains of livability as defined by the World Health Organization (WHO) and include Housing, Outdoor Spaces, Transportation, Social Participation, Respect and Social Inclusion, Civic Participation and Employment, Communication and Information, and Community Support and Health Services. Austin is the first city to receive official approval of its action plan. City Council has appointed a Executive Liaison, Assistant City Manager Sarah Hensley, who is proving to be a strong advocate for Austin's age-friendly initiatives.

Capital City Village has a key role in supporting this plan. Sally Van Sickle, Board President, Tommi Ferguson, Executive Director, and Kay McHorse, Past President are actively engaged with subcommittees working on implementation.

[Click here for the video that AARP prepared for this initiative.](#)

---

## In the Community

---



---

## Upcoming Events at the JCC

[See their June schedule here](#)

- **News and Schmooze, 10:00am Tuesdays.** Come discuss local, national and international news and keep up with what's happening.
- **Road Scholar Presentation 10:00am June 27<sup>th</sup>.** This not-for-profit leader in educational travel for adult offers thousands of educational travel adventures around the globe, from studying art in Arizona to learning about zoology in Zambia. Come learn about their program offerings.



**Our mailing address is:**

3710 Cedar St, Suite 283, Austin, TX 78705

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

---

This email was sent to << Test Email Address >>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Capital City Village · 3710 Cedar St · Ste 283 · Austin, TX 78705 · USA

